



Town of Jamestown

Spring 2019

Community Programs & Activity Guide

Included Inside:

- **SENIOR SERVICES & SEMINARS**
- **SENIOR PROGRAMS & TRIPS**
- **RECREATION PROGRAMS**
- **ADULT FITNESS**
- **YOUTH SPORTS**



Jamestown Senior Services

Coordinator: Betsey Anderson: 423-9804, banderson@jamestownri.net

Meal Site Staff: Mike Delyi, Elizabeth Mancini

Transportation: Rod Bennett

Volunteers: Volunteerism is alive and well at the Jamestown Senior Center. A heartfelt thank you to all those who give their time to brighten the days of others. Whether serving at our cafe, delivering Meals on Wheels, leading a program, shoveling snow, mowing grass, fixing a faucet or volunteering on the board of the Friends of Jamestown Seniors, your dedication makes the difference in other people's lives. I count myself fortunate to be a part of the great community of Jamestown. Thank you for welcoming me into your lives.

If you are interested in volunteering at the center, please contact Betsey Anderson.

***Register for programs on-line at Jamestown.recdesk.com or by calling Betsey Anderson at (401) 423-9804 or email at banderson@jamestownri.net.**

SENIOR ACTIVITIES – SPRING SCHEDULE

***Please pre-register for programs as it ensures programs take place.**

To register for programs, please visit the Senior Center or Recreation Center Monday – Friday or register online at Jamestown.recdesk.com. Please call Betsey Anderson at **(401) 423-9804** or email at banderson@jamestownri.net with any questions regarding programs.

Aqua Therapeutics

Who: Adults Ages 50+

Where: Absolute Fitness (Transportation provided from Senior Center)

When: Tuesdays, 10:30AM – 11:15AM, Transportation leaves Center at 9:45AM

Dates: 4/2/2019 – 5/21/2019

Cost: Resident - \$40.00, Non-Resident - \$45.00
Head to toe water aerobics in a heated, saltwater pool. Fee includes steam room, Jacuzzi and transportation. Van leaves Senior Center at 9:45 am.



Bridge (Drop-in for experienced players)

Who: Adults Ages 50+

Where: Senior Center, upstairs

When: Tuesdays from 1:00PM – 3:30PM

Dates: ONGOING

Cost: No Cost

Group Crochet

Who: Adults Ages 50+

Where: Senior Center

When: Wednesdays, 12:00PM-1:00PM

Dates: 4/3/2019 – 5/22/2019

Cost: Resident \$35.00, Non-Resident \$40.00

Come learn to crochet cozy creations for the winter months! Whether you are brand new to crocheting, or looking to expand your skills, all skill levels are welcome! You may bring your own yarn and hooks if you have them, but materials will be available at every class.



Bone Strength & Balance

Who: Adults Ages 50+

Where: Jamestown Fitness

When: Two Different Classes offered: Mondays 11:00AM – 11:45AM or Wednesdays 5:15PM – 6:00PM

Dates: Mondays 4/1/2019 – 5/20/2019 or Wednesdays 4/3/2019 – 5/22/2019

Cost: Resident \$40.00, Non-Resident \$45.00
This class offers a slow-paced muscle conditioning along with tendon and ligament flexion for improved balance and coordination. Use of standing or seated positions with the aid of a ballet bar are included (mat work included).
Instructor: Sam Pease

Chair Yoga – 15 week program

Who: Adults Ages 50+

Where: Senior Center, upstairs

When: Wednesdays, 1:00PM – 2:15PM

Dates: 5/1/2019 – 8/28/2019 *No Class May 22, June 19, July 3

Cost: \$45.00 for the 15-week session ***Please pre-register with Betsey at (401) 423-9804.**

Have you been interested in doing yoga but felt restricted or uneasy about getting down to the floor? Have you simply wanted to just have better flexibility and strength of movement? Whether you are at your desk or table, or confined to a wheel chair, yoga practiced in a chair can bring you the same benefits as floor practice. In this very relaxed and enjoyable program, you will gain flexibility, muscle strength, and peace of mind. Learn ways to move as well as breath techniques for your daily living. Come and have fun! Please wear comfortable clothing which allows you freedom of movement.

Instructor: Linda M. Morse



SENIOR ACTIVITIES

Heart-Wise Walking

Who: Adults Ages 50+

Where: Senior Center

When: Mondays, Wednesdays & Fridays, 9:00AM-9:30AM (approx.)

Dates: ONGOING

Cost: FREE

There's nothing better than starting the day off with a brisk walk and conversation! The group walks for approximately ½ hour.

Watercolor Portrait Painting

Who: Adults Ages 50+

Where: Senior Center Ballroom

When: Wednesdays 10:00AM-12:00PM

Dates: ONGOING

Cost: FREE

Every Wednesday artists are invited to meet at the Jamestown Senior Center on West Street, Jamestown, RI, to paint the portrait of a volunteer model. The watercolor portrait painted by Tom Martino, the artist-in-charge, will be presented to the model for FREE.

*Models are now being sought for future sittings. If you would like to sit for your portrait on a Wednesday morning, please contact Tom Martino at (401) 862-5681. The sessions are free to seniors who are encouraged to bring artistic materials of their choice. All levels of skill welcome.

Sewing Circle

Who: Adults Ages 50+

Where: Central Baptist Church Multi-Purpose Room

When: 2 Classes: Thursdays 2:00PM-4:00PM or Thursdays 4:30PM-6:30PM

Dates: 4/4/2019 – 5/23/2019

Cost: Resident \$40.00, Non-Resident \$45.00

Bring together the spirit of community and creativity by learning to sew or developing your skills further. This program is intended for anyone interested in having fun while learning new techniques-helping boost your confidence in tackling projects on your own. All equipment and tools are provided. Bring your own patterns and material to start or finish a project.

Mah Jongg (Drop-In for experienced players)

Who: Adults Ages 50+

Where: Senior Center Ballroom

When: Fridays 9:30AM – 12:00PM

Dates: ONGOING

Cost: FREE

Do you enjoy strategic games to keep the brain buzzing? We have formed a Mah Jongg group on the island that meets weekly. The game originated in China and is played with domino like tiles. New game sets, cards and pushers are available for players.



Rusty Pens Writing Workshop & Storytelling

Who: Adults Ages 50+

Where: Senior Center upstairs (turn left at the top of the stairs)

When: Mondays 10:30AM-11:30AM

Dates: ONGOING

Cost: FREE

Activate the writer and your memories of life's experience. This creative writing workshop is designed to elicit reflections on your own stories, memories or new ideas. Beginners are welcome as well as those who simply wish to write for fun. No homework needed.

Tai Chi for Arthritis

Who: Adults Ages 50+

Where: Senior Center, upstairs

When: Mondays 9:00AM

Dates: ONGOING

Cost: FREE

Start the week of right and treat your body with the gift of Tai Chi. This program is based on a medically-proven form of gentle movement designed by specialists to relieve pain, help prevent falls and improve overall health and wellness.



jamestown.recdesk.com

HEALTH CLINICS, WORKSHOPS & S.H.I.P

ALZHEIMER'S PROGRAM "THE BASICS: MEMORY LOSS, DEMENTIA, AND ALZHEIMER'S DISEASE"

Where: Senior Center, upstairs

When: Thursday, April 18, 2019 at 1:00PM

Cost: FREE Presentation

ALZHEIMER'S IS NOT NORMAL AGING. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about: The impact of Alzheimer's, The difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, Alzheimer's Association resources available in your community.

"HEARING PRESENTATION" AND "HEARING SCREENINGS"

Who: Adults Ages 50+

Where: Senior Center, upstairs

When: Thursday, June 13, 2019 at 1:00PM.

Cost: FREE Presentation followed by screenings.

*Appointments for screenings necessary. Call Betsey at (401) 423-9804. Presented by Roberta Singer, Audiologist from Home Hearing Help.



"LET'S TALK ABOUT MEDICARE"

Where: Senior Center, lower level

When: Monday, March 11, 2019 at 11:30AM

Have you ever wondered what a SHIP Counselor is? Or, what they do? Have you ever had questions about Medicare? If you answer "yes" to any of these questions, then stop on in to learn more! Call ahead if you would like to make a lunch reservation too. **Call Betsey at (401) 423-9804 if you are interested.**

Medicare

"FALLS & BALANCE" *Follow-up program – Individual Balance & Fall Risk Assessments

Who: Adults Ages 50+

Where: Senior Center, upstairs

When: Thursday, April 11, 2019 from 1:00PM – 2:30PM

Cost: FREE Assessments *Appointments necessary. Call Betsey at (401) 423-9804.

Presented by Sue Jameson from South County Home Health.

"HOLISTIC NUTRITION" Presentation with Blue Cross Blue Shield of RI

Who: Adults Ages 50+

Where: Senior Center, upstairs

When: Monday, April 22, 2019 at 1:00PM

Cost: FREE Presentation

Join us for an informative presentation with a representative from BCBSRI about "10 Superfoods" and "A Healthier Way to Shop at the Supermarket".

"MEDICATIONS AND HOW THEY CAN AFFECT OUR DRIVING"

Who: Adults Ages 50+

Where: Senior Center, upstairs

When: Thursday, May 2, 2019 at 1:00PM

Cost: FREE Presentation

Lorna Oinonen with AARP will present how some medications side effects can affect our driving and how to stay safe on the road.



"REFLEXOLOGY" presentation with Blue Cross Blue Shield RI

Who: Adults Ages 50+

Where: Senior Center, upstairs

When: Monday, June 3, 2019 at 1:00PM

Cost: FREE Presentation

An instructor with BCBSRI will guide and teach about pressure points to release tension and pain.



HEALTH CLINICS, WORKSHOPS & S.H.I.P

"POWERFUL TOOLS FOR CAREGIVERS"

Where: Senior Center, upstairs

When: Mondays for 6 weeks

Dates: June 10, June 17, June 24, July 8, July 15, July 22, 2019. *No program July 1, 2019.

Powerful Tools for Caregivers is an evidence-based education program offering a unique combination of elements designed to help reduce the burden of stress caregivers experience while providing tools and strategies that can immediately be put to use. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility; whether down the block or miles away, yours is an important role. Powerful Tools for Caregivers is a program you can count on to make a positive difference in your life. **Pre-registration is required. Please call Betsey at (401) 423-9804.**



S.H.I.P. COUNSELING

A counselor will be at the Senior Center on Monday, March 11, Monday, April 8, May 13, June 10, & July 8, 2019 from 10:00AM – 1:00PM.

A counselor will also be at Jamestown Housing Authority, (45 Pemberton Ave.) (401-423-1561) on the **4th Tuesday of every month** from 11:00AM – 2:00PM. **NO** appointment needed.

"S.N.A.P. Outreach Program"

Where: Senior Center, lower level

When: Thursday, May 2, 2019 from 11:00AM – 12:00PM

Learn about SNAP, the Supplemental Nutrition Assistance Program and speak with a SNAP Outreach Worker. SNAP Outreach Workers can answer questions about the SNAP program, screen for program eligibility, help you apply for SNAP benefits, and assist you with re-reporting changes to your benefits or recertify.

WELLNESS CLINICS w/ RHONDA BRUNERO, RN

Who: Adults Ages 50+|

Where: Senior Center, first floor

When: Tuesday, February 5, March 5, April 2, May 7, & June 4, 2019 from 10:00AM – 12:00PM.

Cost: Blood pressure and consults, no charge. Blood glucose screening, \$1.00. Cholesterol screening, \$5.00. Take advantage of these monthly health screenings and one-on-one consultations. It's a great opportunity to ask a nurse about your health status, medications, etc.

**Register for
programs online at
Jamestown.recdesk.com**

Questions???

Call Betsey Anderson

423-9804



EDUCATION/LIFELONG LEARNING/ INTERGENERATIONAL

"Angels of Mercy: Nurses in the Civil War" lecture presented by Brian Wallin

Who: Adults Ages 50+

Where: Jamestown Town Hall, Council Chambers

When: Thursday, March 21, 2019 at 1:00pm

Cost: FREE LECTURE

Nursing as a profession was in its infancy when the Civil War broke out. Brave women on both sides of the Mason-Dixon line worked, often under dangerous conditions, to bring care to the wounded and sick. This story includes a number of visual images and individual tales of bravery and sacrifice that laid the foundation for modern nursing care.

"ZENTANGLE"

Who: Adults Ages 50+

Where: Senior Center, upstairs

When: Thursday, April 4, 2019 at 1:00pm

Cost: FREE Program

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structure patterns using repetitive steps that transcend the method's own rules. Zentangle is meditative, increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well-being.

***Pre-register by calling Betsey at (401) 423-9804.**



R.I.S.D. "SNAPSHOTS"

Who: Adults Ages 50+

Where: Jamestown Town Hall, Council Chambers

When: Friday, April 12, 2019 at 1:00pm

Cost: FREE Presentation

Discover RISD Museum in this docent led program called "SNAPSHOTS". This armchair visual presentation features selected highlights from the museums excellent collection, followed by discussion and questions.

LUNCH & LEARN @ HOME HEALTH SMITH In Portsmouth, RI

Who: Adults Ages 50+

Where: Departing from the Senior Center (6 West St., Jamestown RI,) the bus will leave at 10:45AM and return at approximately 2:00PM

When: Wednesday, April 24, 2019

Cost: FREE *Includes Lunch at Home Health Smith

SENIOR TRIPS

"SPRINGTIME IN RHODE ISLAND" with Experience Rhode Island Tours

Who: Adults Ages 50+

Where: Departs from the Senior Center at 10:00AM and returns at approximately 3:30PM

When: Thursday, May 9, 2019

Cost: \$55.00 includes lunch at Osteria Toscana in Johnston RI

Have you ever dreamed of visiting Holland's amazing tulip fields? Well, now you can in Rhode Island! Begun by a transplant from Holland, RI is now home to the largest u-pick tulip farm in New England. After a visit to the farm, you'll enjoy a delicious Italian lunch, and then visit one of the largest and most popular antique stores in RI!

Lecture at URI's Bay Campus: "Historic South Ferry" & Lunch at Meldgie's Diner

Who: Adults Ages 50+

Where: Departing from the Senior Center (6 West St., Jamestown RI,) the bus will leave at 10:00AM and return at approximately 1:30PM

When: Wednesday, May 8, 2019

Cost: FREE *Lunch on your own*

Hosted by URI's Graduate School of Oceanography Office of Marine Programs, the Historic South Ferry lecture will be presented by local historian, Dr. Wayne Durfee. Presently, "South Ferry" is the name of the road leading to the URI Bay Campus. Previously, it was a thriving village at the end of the road along the shore. Between the ferry service, boat building operations and the steam driven mill (which has ties to Jamestown), this area was an active and productive area of Narragansett.



SENIOR TRIPS (continued)

"ESSEX STEAM TRAIN & RIVERBOAT LUNCH EXCURSION, CT"

Who: Adults Ages 50+

Where: Departs from the Senior Center at 8:45AM, and returning at approx. 5:00PM (depending on traffic)

When: Friday, July 26, 2019

Cost: \$55.00 (includes 3-course lunch, tax, gratuity, train, riverboat excursion & recreation bus transportation). Participant will choose lunch option ahead of time. Choices are: Beef Tips & Gravy, or Baked Chicken, or Eggplant Parmesan. Enjoy a 3-course lunch aboard restored 1920's Pullman Diners as part of a 3.75 hour lunch, train, and riverboat sight-seeing excursion. Begin by boarding your dining car to savor a hot lunch at historic Essex Station. Next, you will travel aboard the train along the Lower Connecticut River Valley while you finish your meal. At Deep River Landing you will transfer to the Becky Thatcher Riverboat for a cruise on the Connecticut River – bursting with lush scenery and historic sites; such as Gillette Castle. You will finish your journey riding in Coach Passenger Cars aboard the train back to Essex Station.



WEEKDAY LUNCHEON

Full 3-Course Luncheon

Weekdays 11:30AM – 12:30PM ***Feel free to come after 9:30am for coffee!!**

Suggested \$3.00 donation.

Meet your friends and relax over a delicious 3-course meal. We invite you to reserve a place at the West Street Café. Offered each weekday, you enjoy a nutritious, three-course meal or lighter options such as salads and sandwiches. Reservations are required 48 hours in advance by calling (401) 423-2658.

Special Luncheon Event Dates:

Café CLOSED: Monday, February 18, 2019 (President's Day)



St. Patrick's Day Meal: Thursday, March 14, 2019



Café CLOSED – Friday, April 19, 2019 (Good Friday)

Café CLOSED – Monday, May 27, 2019 (Memorial Day)

SPRING LUNCH at The Recreation Center – Thursday, April 25, 2019

SUMMER KICK-OFF LUNCH at Fort Getty – Thursday, June 27, 2019

Parks & Recreation Department

Director: Andrew Wade

Parks Foreman: Ron Parfitt

Recreation Supervisor: Deb Hagie

Recreation Coordinator: Molly Conlon

Teen Center Staff: Lealah O'Neil, Liam Gamon, Colin Roy

Office Staff: Aileen Flath, Nate Lukas



Recreation Center Office Hours

Monday - Friday 8:00am - 4:30pm

Main Office 423-7260

Teen Center Hours

Monday - Friday

2:00pm - 7:00pm

Check Program Schedule for Drop-In Availability

To check schedule & to register for current programs please visit

Jamestown.recdesk.com

To register for programs, individuals may visit the Recreation Office Monday – Friday 9AM-6PM or register online at jamestown.recdesk.com Any questions regarding our programs please contact Deb Hagie at 423-7211 or Molly Conlon at 423-7261

YOUTH & TEEN PROGRAMS

Youth Softball League

Who: The League offers one level of play girls Ages 8-12

Where: Lawn Softball Field is our home field

When: Tues & Thurs 5-7pm

Dates: 4/2/19- 6/13/19 Practices start mid- April

Costs: Resident: \$50.00 Non-resident \$60.00

This softball league is designed for girls who want to learn to play in an organized setting. Focus will be on fundamentals, skill building and player development. Players are provided opportunity to develop in a structured but fun environment. Organized practices and games make this a great opportunity for all who participate.

Girls Little League Majors.....Ages 8-12 Tuesday & Thursday EG/SK/NK/NARR (experienced)

Girls Basketball Training Program NEW

Who: Girls Ages 11-15

Where: Recreation Center Gymnasium

When: Wednesdays 4:00-5:00 PM

Dates: 4/3, 4/10, 4/17, 4/24

Costs: Resident \$15.00 Non-Resident \$20.00

This program is designed to help build skills and confidence in the game of basketball. We will focus on physical and mental aspects of the game in an organized but fun atmosphere. Players will train both individually and as a group. Individual & group goals will be set and will be met! Join us for this dynamic training program.



High School Basketball Days

Who: Grades 9-12

Where: Recreation Center Gymnasium

When: 4/5, 4/12 & 5/3 from 3-7 PM

No fee

Attention High Schoolers! These are great days to get full-court, pick-up basketball games in! No fee.



Floor Hockey

Who: Grades 5-8

Where: Recreation Center Gymnasium

When: Tuesdays from 4pm-5pm, starting Tuesday April 2 – May 28th (no class- 3/14)

Cost: Teen Center Member- \$30, Non-Member- \$40

Our youth floor hockey clubs goal is to introduce players to the basic skills of "puck-handling", passing, hooting as well as scrimmaging in a safe and inclusive environment. Age adjusted rules are used as necessary. The emphasis is on fun, learning and team building. We supply all hockey equipment for this program. Please wear athletic clothing and gym shoes to each class.

Boxfit Workout

Who: All ages class (youth, teens, adults & families welcome)

Where: Recreation Center Gymnasium

When: Tuesdays from 6pm-7pm starting April 2nd-May 28th (no class-3/14)

Cost: Members \$100, Non-member \$110

Boxing is the newest trend with workouts! These classes are 1 hour long. Join us in this full body class that incorporates all the fundamentals of a boxer's workout. You will jump rope, shadow box, learn pad work, practice some heavy bag work and partake in lots of heart pumping exercises in a fun and motivating environment. Classes are taught by a trained professional from Newport Boxfit. Please wear athletic clothing and sneakers. Gloves are not required and will be provided.

**Register for
programs online at
Jamestown.recdesk.com**

Questions???

Call Deb Hagie

423-7211

Jamestown Community Theatre

presents

INTO THE WOODS

Performances:

Thurs, Mar 21 / 7pm

Fri, Mar 22 / 7pm

Sat, Mar 23 / 1pm, 7pm

Sun, Mar 24 / 1pm

Advance Tickets:

Students/Seniors: \$7

Adults: \$12

At The Door:

Students/Seniors: \$10

Adults: \$15

Ticket Outlets:

Baker's Pharmacy 53 Narragansett Ave, Jamestown, RI

The Secret Garden 12 Southwest Ave, Jamestown, RI

online tickets: JamestownCommunityTheatre.com

all performances will be held at:

Jamestown Recreation Center 41 Conanicus Ave., Jamestown, RI



YOUTH & TEEN PROGRAMS

Teen Center Transportation

Transportation is available from Lawn Middle School to the Recreation Center M-F. The recreation bus will pick up youth outside of Lawn School and bring them to the Recreation Center for programs and to use the center. To register for after-school pick up **starting April 1st - May 31st** go to Jamestown.recdesk.com, or call the Teen Center at 401-423-7261.

Mask Making Workshop

Who: Grades 5-8

Where: Teen Center

When: Mondays from 3:30- 5pm, starting Monday April 1- Monday May 6th

Cost: Teen Center Member \$40, Non-member \$50

Mask making is a fun adventure that lets you explore your creativity! You will design, build and decorate your own personal mask during this six -week course. Create a favorite animal, action figure, super hero, or simply create a design that moves you. Work together with Rick Meli, a local artist, art historian and mask maker for over 45 years, in creating your very own masterpiece!



Magic the Gathering (MTG) Club

Who: Grades 5-8

Where: Teen Center

When: 3-5pm Wednesdays April 3- May 22nd

Cost: Teen Center Member \$15, Non-members \$20

Magic the Gathering, a strategy based card game that was released in the early 90s, is seeing a resurgence in popularity with local youth. Our Teen Center Magic Club is the perfect relaxed atmosphere to come learn the game if you're a new player. If you already have experience, come hang out and find some opponents to play. This club will offer instruction in the rules of the base game and teach some different play styles. We will also work on deck building knowledge and strategy. You may bring your own cards if you have them, but decks will be available to play with.



Knitting

Who: Grades 5-8

Where: Teen Center

When: 3:30-4:30 Fridays April 5 – May 24

Cost: Teen Center Member \$40, Non-member \$45

With the popularity of our crochet classes, we decided to venture into the world of knitting! Learn basic knitting terminology as well as how to cast on, how to bind off and the knit stitch! No prior experience is necessary. All materials are included in the class.



Middle School Movie Nights

Who: Grades 5-8

Where: Teen Center

When: Friday May 10th & Friday May 24th from 5:00-9 PM

Cost: \$10 per youth

Come join us at the Teen Center for a fun night of hanging out with peers. These nights are a fun opportunity to meet the staff while enjoying some dinner, hanging out with peers and watching an age appropriate movie! Participants will also have the opportunity to try out our new virtual reality headset for the PlayStation 4!



Parents Night Out

Who: Grades K-6

Where: Recreation Center

When: Friday May 17th & Friday May 31st from 5-9pm

Cost: \$10 per child

Drop your kid(s) off (K-6th grade) off at the recreation center for a night filled with games, a craft, a movie and dinner! Pre-registration is required. This program tends to fill up quickly.

Extreme Airsoft

Who: Youth grades 5-9th

Where: Extreme Airsoft in South Kingstown, RI

When: Wednesday, April 17th from 11 AM- 3 PM

Cost: \$40

Join us for something fun to do over April Vacation! The Teen Center will be heading to SK to play airsoft. The fee includes the cost of the rentals and lunch as well! Airsoft is only for ages 10 & up. Often time's airsoft is referred to as a game similar to paintball. For more information about this trip please check out Extreme Airsoft's website, <https://www.extremearsoftri.com/>

5th Annual Dodgeball Tournament

Who: For 5th grade & up

When: Friday, April 26th from 6-9 pm

Cost: \$20

Join us for the 5th Annual Teen Center and Jamestown Police Dodgeball Tournament! Last year we had over 100 participants and lots of fun. Food, prizes, t-shirts and fun! This is a family-friendly event and spectators are welcome! Join us to in our favorite, collaborative annual event! Proceeds go towards future youth programs.



ADULT PROGRAMS & ACTIVITIES

Adult 30+ Basketball

Who: Adult Ages 30+

Where: Lawn Avenue School Gymnasium

When: Wednesdays 7:00 PM - 9:00 PM

Dates: 12/12- 4/24

Costs: Resident - \$30, Non-Resident - \$40, Resident Drop In - \$3, Non-Resident Drop In - \$5

Sign up for some Ball! Held right in the Gym at Lawn Avenue School every Wednesday night. Weekly pickup games provide competitive play and a great workout. Registration is required. Court appropriate footwear required.

Adult 40+ Indoor Soccer – Weekly Pickup

Who: Adult Ages 40+

Where: Lawn Avenue School Gymnasium

When: Sundays 9:00 AM - 11:30 AM

Dates: 12/10 - 4/14

Costs: Resident - \$35, Non-Resident - \$50, Resident Drop In - \$5, Non-Resident Drop In - \$10

Come get your kicks Sunday mornings at Lawn Avenue Gymnasium with our adult, over 40 Pickup Soccer League! 19 weeks of action will keep you moving through the winter months. Court appropriate non-marking footwear required.

Line Dancing Beginners Class

Who: Adults 18 and Over

Where: Recreation Center Gymnasium

When: Mondays 6:00PM – 7:00PM

Dates: 4/1/19- 5/20/19

Costs: Resident: \$40.00, Non-Resident: \$50.00

Line dancing is a great workout for the mind and body and a wonderful way to meet new friends. Learn dances to some of your favorite songs! No prior dance experience needed. The only rule is to have fun!

Line Dancing Beginner Plus Class

Who: Adults 18 and Over

Where: Recreation Center Gymnasium

When: Mondays 7:00PM – 8:00PM

Dates: 4/1/19 – 5/20/19

Costs: Resident: \$40.00, Non-Resident: \$50.00

Line dancing is a great workout for the mind and body and a wonderful way to meet new friends. Learn dances to some of your favorite songs! This class is for dancers who have had previous experience with line dancing.

Adult Pickleball

Who: Adult Ages 18+

Where: Recreation Center Gymnasium

When: Tuesdays, 8:00 AM - 12:00 AM & Thursdays/ Fridays, 10:00 AM - 1:00 PM

Dates: 4/1/19- 5/31/19

Costs: Resident \$10.00 Non- Resident \$20.00

Swing into shape with Pickleball! It is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn and can develop into a quick, fast paced, competitive game for experienced players. All levels of play are welcome!

A.L.E.D Active Learning Every Day

Who: Adults Ages 30+

Where: Recreation Center... different destinations weekly

When: Monday's 4:30- 5:30 PM

Dates: 4/1/10- 5/20/19

Cost: Free

This program is designed to promote activity on a regular basis. A.L.E.D. has proven to be a successful and continuous adult program here in Jamestown. We will continue to wander new and beautiful destinations each week. Join us as we witness the Island bloom into Spring. Let's stay active together!

Looking Ahead...

Summer Playground Program

Jamestown Parks and Recreation offers its Summer Camp for children entering grades 1st-6th. The camp will begin June 24th and run for 8 weeks until August 16th and takes place on the fields next to the Lawn Ave Middle School. We will have beach days each Monday at Mackerel Cove, as well as daily activities to make each day unique and fun. We have new special performers each week, as well as a weekly fieldtrip to a variety of locations! Performers range from magicians to a Frisbee show and trips range from waterparks to museums! Registration will begin online at Jamestown.recdesk.com starting April 1st.

Specialty camps will be announced April 1st as well. Specialty camps typically run for one week. Stay tuned!!!

FREE SUMMER CONCERT SERIES

All concerts will be held at the East Ferry Memorial Square located in the heart of the scenic and historic Jamestown Village

July 7th 6:30 PM

Brass Attack

Brass Attack



July 14th 6:30 PM

Lizzie James & the Greystone Rail

Lizzie James & the Greystone Rail



Driftwoods



July 21st 6:30 PM

Driftwoods

Black & White Band



July 28th 6:30 PM

Black & White Band

Tish Adams & Bluz U Can Use



August 4th 6:30 PM

Tish Adams & Bluz U Can Use

Greg Abate



August 11th 6:30 PM

Greg Abate

The Nightlife Orchestra



August 18th 6:00 PM

Nightlife Orchestra

Jamestown Community Band



August 25th 6:00 PM

Jamestown Community Band



2019 Resident Recreation Pass Sticker

Permits can be purchased at the following locations starting April 3rd 2018:

- Jamestown Recreation Center M-F, 8 AM– 4:30 PM
- Fort Getty Gatehouse May 20 - September 1, 9AM - 7PM
- Mackerel Cove Beach during Beach Season 9AM to 4PM
- Online at Jamestown.recdesk.com



Obtaining A Sticker

All applicants for any sticker must present the following documentations:

1. Valid vehicle registration for each vehicle needing a sticker with the applicant's name on the registration OR a lease listing the applicant as the lessee of the vehicle.
2. Proof of ownership of property in Jamestown, or proof of year round residency in Jamestown.

Please see the eligibility requirements and required documentation in the following section. *Please Note: The Burden Of Proof Of Residency Falls On The Applicant.*

Eligibility For Resident Beach Stickers

1. A registered voter in the Town of Jamestown.
2. Listed as a year-round resident on the Town of Jamestown street listing. If not listed, a copy of a year-round lease or a letter from your landlord is required. Vehicles must be registered in the Town of Jamestown at that address.
3. The spouse or domestic partner of a listed property owner with the same year round address on a Driver's license, picture ID or Student ID.
4. The dependent of a listed property owner with the same year round address on a Driver's license, picture ID or Student ID.
5. Property owner of record in the Town of Jamestown.
6. Active military personnel whose home of record is Jamestown.